

# EYE MOVEMENT DESENSITIZATION & REPROCESSING (EMDR)

## Basic & Refresher Training Course: *Integrating EMDR into your Clinical Practice*

**PART 1:**  
**SUNDAY-TUESDAY, APRIL 8-10, 2018**

**& PART 2:**  
**SUNDAY-TUESDAY, MAY 20-22, 2018**

Roy Kiessling returns to offer an Eye Movement Desensitization and Reprocessing (EMDR) Basic Training & Refresher, "Integrating EMDR into Your Clinical Practice," in two parts at **MAHEC in Asheville, North Carolina**.

This EMDR training includes EMDR International Association (EMDRIA) Approved Part 1 & Part 2 weekends, plus the 10 required hours of basic consultation. The two-part training may also be utilized as an excellent refresher course for previously trained providers.

### AUDIENCE

Master's level mental health professionals including mental health and substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors and other professionals interested in this subject. Interns & students must be enrolled in a Master's or Doctoral program. Training eligibility for other healthcare professionals is considered. MD's need a medical specialty in Psychiatry and nurses need a Master of Science in Nursing with specialty in psychiatric nursing.

### FACULTY

**Roy Kiessling, LISW, ACSW**, completed his EMDR Basic training in 1995, became a training facilitator for Francine Shapiro's EMDR Institute in 1997, the senior trainer for her humanitarian projects in 2001 and a senior trainer for her EMDR Institute in 2006. Roy has participated in humanitarian projects in Bangladesh, Poland, the Middle East and Russia, as well as in domestic disaster areas affected by Hurricane Katrina. In 2006, he received the Liz Sinker Outstanding Volunteer of the Year Award for his numerous volunteer projects in support of the EMDR Community. In June of 2013, Roy founded EMDR Consulting, a consulting and training organization, specializing in integrating EMDR into clinician's clinical practice. EMDR Consulting now offers EMDRIA approved courses throughout the United States.

### CREDIT



**NAADAC:** This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. **40.0 hours**



**NBCC:** Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs. Full attendance is required to receive credit. **40.0 hours**

**Psychologists:** MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **40.0 hours** Category A. Full attendance is required.

**CEUs:** MAHEC designates this continuing education activity as meeting the criteria for **4.0 hours CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

**Contact Hours:** MAHEC designates this continuing education activity as meeting the criteria for **40.0 Contact Hours**. Full attendance is required to receive credit.

## Part 1 The Foundations of EMDR

<b>Day 1:</b>	Sunday, April 8, 2018
<b>Registration:</b>	8:00am - 8:30am (breakfast provided)
<b>Program:</b>	8:30am - 5:00pm (lunch is on your own)
<b>Day 2:</b>	Monday, April 9, 2018
<b>Registration:</b>	8:00am - 8:30am (breakfast provided)
<b>Program:</b>	8:30am - 5:00pm (lunch is on your own)
<b>Day 3:</b>	Tuesday, April 10, 2018
<b>Registration:</b>	8:00am - 8:30am (breakfast provided)
<b>Program:</b>	8:30am - 4:00pm (lunch is on your own)

- The Adaptive Information Processing Model
- EMDR's 8 phases and 3 prongs
- Belief Schema Targeting Sequence Planning
- Multiple stabilization skills
- The Processing Continuum (EMD, EMDr, EMDR)
- 4 Supervised Practice Sessions
- 4 Stabilization Resourcing Skills
- EMD on present or future triggers
- Acute Stress or Processing using Drawings

### OBJECTIVES

Upon completion of this interactive workshop, the participant will be able to:

- Describe EMDR's Adaptive Information Processing Model, eight phases and three pronged procedures
- Explain how to integrate EMDR's targeting sequence plan from a belief schema perspective into a clinical practice
- Demonstrate ability to practice effective, efficient and safe reprocessing of a client's acute stress by using Restricted Processing (a.k.a. EMDR)
- Describe EMDR's use when working with acute stress, dissociative type clients, the military, couples and children

## Part 2 The Standard EMDR Procedures

<b>Day 1:</b>	Sunday, May 20, 2018
<b>Registration:</b>	8:00am - 8:30am (breakfast provided)
<b>Program:</b>	8:30am - 5:00pm (lunch is on your own)
<b>Day 2:</b>	Monday, May 21, 2018
<b>Registration:</b>	8:00am - 8:30am (breakfast provided)
<b>Program:</b>	8:30am - 5:00pm (lunch is on your own)
<b>Day 3:</b>	Tuesday, May 22, 2018
<b>Registration:</b>	8:00am - 8:30am (breakfast provided)
<b>Program:</b>	8:30am - 4:00pm (lunch is on your own)

Building upon the techniques practiced after Part 1, participants will expand their knowledge and skills by learning:

- Complex targeting sequence planning options
- Extended resourcing skills

The full implementation of EMDR's procedures, and advanced clinical interventions to use during reprocessing with:

- Special Populations
- Clients with Dissociative Tendencies
- Addictions: Introduction to DeTUR & FSAP
- Phobia, Grief, & Pain
- 4 Supervised Practice Sessions
- Complex Target Sequence Planning
- 4 Behavior Change Resourcing Skills
- 2 Sessions of Standard EMDR Reprocessing

### OBJECTIVES

Upon completion of this interactive workshop, the participant will be able to:

- Describe complex client case conceptualization (Targeting Sequence Treatment Plans)
- Practice the Extended Resourcing Procedures
- Practice using the full Standard EMDR eight phase / three prong treatment
- Describe EMDR's usefulness in treating addictions, phobias, grief and somatic disorders

## EMDR UNCHAINED: TRANSITIONING FROM TECHNIQUE TO THERAPY

MAY 23, 2018

During the past 25 years, EMDR has grown from a structured technique for treating PTSD to an integrative form of psychotherapy. Unfortunately, many clinicians leave their EMDR basic training feeling chained, constrained and needing to rigidly follow strict "protocols, procedures, phases and prongs." This workshop is designed to help seasoned clinicians become "unchained," thereby allowing them to seamlessly integrate EMDR into their clinical practice.

*Participants must have already completed EMDR I and II in order to attend this workshop.*

Information and registration available on our website:  
[www.mahec.net](http://www.mahec.net)

## REGISTRATION

**Early Registration Deadline: April 2, 2018**

For participants new to EMDR, as well as those wanting to refresh their skills, registration in both parts is required. Fees include Part 1 and 2 training weekends, materials, 10 hours of consultation, and audio downloads of lecture for continued learning.

To be eligible for the reduced rate for non-profit organizations and Medicaid providers, participants must list organization name or Medicaid provider number at the time of registration.

If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

### Directions to MAHEC Biltmore Campus 121 Hendersonville Rd., Asheville, NC, 28803

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

## EYE MOVEMENT DESENSITIZATION & REPROCESSING (EMDR)

By registering for this program, you are also authorizing MAHEC to share your contact information with EMDR Consulting, LLC so that you may receive manuals, training information and ongoing resources relating to the practice of EMDR.

Updated contact info

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Social Security # **XXX-XX-**\_\_\_\_ (last 4 digits required)

Occupation \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work County \_\_\_\_\_

Medicaid Provider Name or Number \_\_\_\_\_

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

### EMDR BASIC & REFRESHER TRAINING COURSE: Integrating EMDR into your Clinical Practice

To be eligible for the reduced rate for nonprofit or medicaid providers participants must list organization name or Medicaid Provider number (above) at the time of registration.

Participants registering at the nonprofit/student/peer support rate must show proof at check-in.

#### Part 1 & 2

After April 2nd:

Mental Health Professionals:	<input type="checkbox"/> \$1,495.00	<input type="checkbox"/> \$1,510.00
Nonprofit/Medicaid/Student:	<input type="checkbox"/> \$1,095.00	<input type="checkbox"/> \$1,110.00
For-Profit Group Rate: (Five or more registering and paying at same time)	<input type="checkbox"/> \$1,095.00	<input type="checkbox"/> \$1,110.00
Nonprofit/Medicaid/Student Group Rate: (Five or more registering and paying at same time)	<input type="checkbox"/> \$995.00	<input type="checkbox"/> \$1,010.00
MAHEC Employees:	<input type="checkbox"/> \$495.00	<input type="checkbox"/> \$510.00

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed (Made payable to MAHEC)  Credit card info provided

Visa  Mastercard  Discover Card  American Express

Account # \_\_\_\_\_

Exp \_\_\_\_\_ / \_\_\_\_\_ Code on back of card \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

Send completed registration form to:

# 18MH026/54663

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768

### HAVE A QUESTION?

#### Program Director:

Barbara Warren, MSW, LCSW, LCAS-A, CFT

barbara.warren@mahec.net

828-257-4728

Registration Information:

828-257-4475

Fax Registration:

828-257-4768

Online Registration:

www.mahec.net

Email:

registration@mahec.net

Mail: MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803



Special Services:  
828-257-4778